

Choose to Liv

presented by

Olivia Nguyen, BA

Olivia Nguyen, also known as “Fiyabomb”, is a visual artist based out of Hartford. Specializing in acrylics with a high focus in Surrealism, Nguyen uses her social media platform to spread awareness of mental health and everyday emotions in her works.

5/23/24, 12:00–1:15 PM

<https://hartfordhealthcare.zoom.us/j/99017080961>

Learning Objectives: As a result of participating in this Live Internet Activity, participants should be able to:

- **Discuss the therapeutic role of art in mental health**
 - Explore the ways in which artistic expression can serve as a powerful tool for emotional healing and personal growth in individuals with mental illness. By examining the artist’s journey, attendees will learn about the psychological benefits of creativity, including improved emotional regulation, self-expression, and stress reduction.
- **Identify the intersection of creativity and mental health recovery**
 - Gain insight into the unique relationship between artistic expression and mental health recovery. Through the lens of the artist’s experiences, participants will identify how art can facilitate self-discovery, resilience, and empowerment, providing practical insights for incorporating creative interventions into therapeutic approaches
- **Promote destigmatization of mental illness through narrative sharing**
 - Reduce stigma associated with mental illness by sharing the artist’s personal narrative of using art as a healing modality. Explore the power of storytelling in mental health advocacy, fostering empathy, understanding, and support for individuals navigating similar challenges. The session will highlight the importance of authentic, lived experience in reshaping societal perceptions of mental health

Accreditation & Credit Designation Statements: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

- **Physicians:** Hartford Healthcare designates this Live Activity for **1.25 AMA PRA Category 1 Credit(s)TM**. Physicians should only claim credit commensurate with their participation.
- **Psychologists:** Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.
- **Nurses:** This activity is approved for **1.25 ANCC contact hour(s)**.
- **Social Workers:** As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25** other continuing education credits.
- **Other Learners:** All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for AMA PRA Category 1 CreditTM from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures:

- Planning Committee: None
- Speaker: None

